

Stylish or Starved?

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"Doctor, please tell my daughter she isn't too fat!" I hear this request at least three times a week. My response may be different in each case but the parent's reason is usually the same: fear of anorexia nervosa. Most people know that you can die of anorexia and that it means starving yourself. There is a lot more to it than that.

Anorexia Nervosa is an eating disorder in which the person starves themselves because of an irrational fear of losing control of food intake and becoming fat. It usually begins with a diet to lose a few pounds even though she is

not seriously overweight. Things rapidly get out of control,

however, for some people. Soon he becomes so thin friends and family notice and begin to criticize and nag her to eat. She (anorectics are usually but not always female) becomes more determined to lose weight though, thinking people are trying to make her fat. The diet becomes more and more strict and soon she resorts to vomiting, laxatives and diuretics or excessive exercise to "undo the damage" of what little eating she does.

Teenagers are especially likely to become anorectics. Our society is obsessed with slimness. The female presented on TV, movies and magazines as ideal is extremely thin and

teenagers try harder than anybody to meet those ideals. Teens are also struggling to deal with who they are, their newly discovered sexuality, and the coming separation from their family. If the teen is having trouble with these conflicts, she sometimes discovers that the one part of her life she has complete control over is her eating habits and weight. And so we have another anorectic.

Anorexia is not totally emotional, either. By the time the teen is thin enough to have her family worried, chemical changes have occurred in her body and brain that effect the way she thinks. She really believes she is fat! All the convincing in the world won't change that. They are quite rational about everything else but are completely out of touch with reality when it comes to their own bodies.

When to worry? As long as the teen has a realistic idea of her own ideal weight and is satisfied when she reaches that weight there is nothing to worry about. In my counseling I allow for the fact that teens think they need to be as thin as rock stars. I try to teach them to diet in a healthy way. I get worried when they go below their original goal or seem to be becoming obsessed with

the diet.

Then what? Counseling and group therapy can be effective early in the disease in mild cases but I haven't been impressed. The earlier the problem is recognized the better the chance out patient treatment will help. Anorectics who have reached the point of extreme thinness usually requires hospitalization. The first thing in the hospital is to put weight on them by whatever method it takes. Correcting the chemical imbalances caused by the starvation lets them begin to see themselves more realistically. Only then can counseling really help. The therapist can then begin to deal with the underlying conflicts that are really responsible for the whole thing.

Parents who are worried about a child's dieting should consult their physician about the problem. They should also bite their tongues every time they feel the urge to nag the teen about eating!

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last year's team, when Union beat Wasatch in the round-robin. But, Wasatch came back, and turned the long passes into steals. Quick hustle and good thinking left the Wasps with the

basket for the score. Coach Farr started substituting the bench in the final period, making sure that everyone had a chance to play. The Wasps second string worked hard to

you can get five players in double figures. Wasatch takes on Grantsville at Grantsville. The Grantsville Cowboys lost to the Morgan Trojans last week. The game time is 7:30.

Wasatch Basketball Statistics

Impressive

by Robert Hicken
Managing Editor

Stevens has completed 7 of 8 from the line.

HEBER CITY—The Wasatch Wasps Basketball team as a whole is averaging well in the field goal percentages, free-throws, and steals and assists, as a player statistic chart was released by Coach Bill Farr.

The team on the average is shooting 46 percent from the field. Leading the team in percentages is Derek Farr, who is shooting 55 percent from the floor. Farr shot an impressive 60 percent in last weeks game against Union.

The rest of the Wasatch team is averaging well above 40 percent, which according to Coach Farr, would put a high school team in the winners circle.

Troy Casper and Lynn Stevens lead the team in free throw percentages. Casper shot a super 100 percent from the line against Union, hitting 2 of 2. Casper has shot 30 of 36 for the year. Stevens also had 100 percent from the line against Union.

with 82. So far, the team has three team members which are in double figures on the average.

Casper, Cummings, and Eaton, all have averages above 10 points a game. Casper has an average of 14.7, while Eaton has 14.2 and Cummings has 10.9. Farr has 9.5 average, and Meeks has a 7.6 average.

Wasatch as a team shot 50 percent from the floor last week

Wayne Cummings far outshines any of the Wasps in assists. Cummings has 84 assists to date. The assist man is usually the key to a good team. Cummings leads the team, followed by Derek Farr and Troy Casper, who both play well in assisting with shots.

Derek Farr leads the team with both offensive and defensive rebounds, as Farr has pulled in 140, followed by David Eaton, who has 111, and Troy Casper

Troy Casper, No. 42, drives to 24 points. Casper helped lead

